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**DRUG
ABUSE
RESISTANCE
EDUCATION**

WHAT IS D.A.R.E.?

D.A.R.E. stands for Drug Abuse Resistance Education.

D.A.R.E. is a comprehensive prevention program designed to equip elementary school children with the life skills to recognize and resist social pressures to experiment with tobacco, alcohol and other drugs. The 17-lesson **D.A.R.E.** core curriculum is taught by a specially trained, uniformed law enforcement officer which provides for a unique relationship between officer and student. This interaction promotes a positive role model identification as well as healthy bonding with a trusted adult.

WHAT ARE THE GOALS AND OBJECTIVES OF D.A.R.E.?

The primary goal of **D.A.R.E.** is to prevent substance abuse among school age children. The **D.A.R.E.** program targets children at an age when they are most receptive to drug prevention education and before they are likely to have experimented with tobacco, alcohol and drugs. **D.A.R.E.** seeks to prevent adolescent substance abuse, thus reducing the demand for drugs. The **D.A.R.E.** curriculum focuses on the following objectives for student learning.

- Provides the skills recognizing and resisting social pressures to experiment with tobacco, alcohol and drugs;
- Helps enhance self esteem;
- Teaches positive alternatives to substance abuse and other destructive behaviors (particularly gangs and violence);

- Develops skills in risk-assessment, decision making and conflict resolution; and
- Builds interpersonal and communication skills.

WHO RECEIVES D.A.R.E.?

The **D.A.R.E.** core curriculum is delivered to fifth- and sixth-grade students. **D.A.R.E.** officers also make visitations to the kindergarten through fourth-grade classes where they are teaching.

WHAT IS INCLUDED IN THE CORE CURRICULUM?

The core curriculum "emphasizes a no-use message" which is life-skills based and focuses on peer pressure resistance training, self-concept improvement, personal safety and decision-making skills. A wide range of teaching techniques -- including interactive peer leadership and cooperative learning groups -- are used to encourage student participation and response. The curriculum is updated to keep it responsive to current research findings, modern teaching methods and emerging social concerns regarding drugs and violence.

ARE THERE ADDITIONAL TYPES OF D.A.R.E. PROGRAMS AVAILABLE?

In addition to the core curriculum, **D.A.R.E.** offers specialized programs for junior high students, senior high students, special education students and parents.

Junior High: The junior high curriculum provides information and skills students may utilize to resist peer pressure and other influences when making personal choices. The lessons focus on helping students manage their feelings of anger without resorting to violence, or the use of alcohol and drugs.

Senior High: The senior high curriculum coincides with the everyday situations high school students encounter in their environment. The class sessions reinforce information and skills which enable students to act in their own best interest when facing high-risk, low-gain choices.

Special Adaptation: The **D.A.R.E.** adaptation for special populations allows the **D.A.R.E.** officer to teach the core curriculum to children with learning disabilities or behavior disorders in both self-contained and regular classrooms.

Parent: This component was developed to address the growing need for comprehensive family support and involvement in school programs. The parent sessions explore a variety of issues related to drug prevention education, violence and conflict resolution.



To teach the **D.A.R.E.** program, the individual must be a full-time sworn, uniformed police officer; have two years of prior law enforcement experience; and undergo a screening process which includes a personal interview. Upon successful completion of the screening process, the **D.A.R.E.** officer candidate attends an 80-hour **D.A.R.E.** Officer Training to become a certified **D.A.R.E.** instructor.

WHAT MUST A COMMUNITY DO TO RECEIVE THE D.A.R.E. PROGRAM?

Since **D.A.R.E.** is a cooperative effort uniting education and law enforcement, both the local law enforcement entity and the local school district are required to have a signed participation agreement on file with the Illinois State Police before the program can be implemented. The local law enforcement agency will need to have separate signed participation agreements with each school district in which the agency's **D.A.R.E.** officer will be teaching.

WHAT ARE THE COSTS INVOLVED WITH D.A.R.E.?

The costs for receiving **D.A.R.E.** are minimal. Expenditures include officer training, classroom materials, teaching aids and the officer's time in the classroom. These costs are the responsibility of the participating law enforcement agency and/or school. Communities may be eligible for grant monies from the federal Drug Free Schools and Communities Program to assist with the costs.

HOW CAN A COMMUNITY LEARN MORE ABOUT D.A.R.E.?

Illinois State Police personnel, upon request, will conduct presentations in the community which provide a complete understanding of **D.A.R.E.** The presentations can be made to schools boards, law enforcement agencies, civic organizations or any public forum.

**For further information contact:
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